

## MY VALUES

### Instructions for the Guidance Practitioner:

Ask the person to circle the number which they feel most applies to them for each statement. Ask the participant to work through these at a steady pace, and not to think too long about each one but to go with their 'gut feeling'.

When completed you can talk through each one and/or ask the person to identify three values which are particularly important to them and discuss why they are important.

### Remember to explain:

- Our values system is personal to each of us
- Our value systems are based on our life experiences and social conditioning
- As our life circumstances change, some of our values may alter or change in emphasis
- Becoming aware of our values and preferences can help us in the choices we make (not only career choices but life choices also)
- Becoming aware of our hierarchy of values in another tool to help us understand our work related needs
- Value systems are individual, and it is important that we respect the values of others which may differ from our own

## MY VALUES

Directions: Circle the number of your choice after every statement

1= vital      2= very important      3 = quite important      4 = not important

**ARTISTIC:** I enjoy work involving drawing, designing, making music, writing, craft work

1      2      3      4

**CARING:** It is important to me to help other people

1      2      3      4

**CHALLENGE:** I enjoy being stretched and given new problems to work on

1      2      3      4

**COMMUNICATION:** I enjoy being able to express ideas well in writing and in speech

1      2      3      4

**COMMUNITY:** I like to become involved in the community

1      2      3      4

**COMMAND:** I enjoy supervising the work of others

1      2      3      4

**COMPETITION:** I enjoy competing against other people and or groups

1      2      3      4

**CONTACT:** I enjoy having a lot of contact with other people

1      2      3      4

**CONTROL:** I prefer to be able to choose my own timetable rather than having rigid working hours

1      2      3      4

**CREATIVITY:** Thinking up new ideas and methods is important to me

1      2      3      4

**DECISIVENESS:** It is important for me to make decisions about how something should be done, who should do it and when

1      2      3      4

**EXCITEMENT:** I like excitement and challenge in my work

1      2      3      4

**EXERCISE:** I enjoy doing things that are physically demanding

1      2      3      4

From: *Moving On* resource manual

**EXPERTISE:** Its good to be known as someone with special knowledge or skills

1      2      3      4

**FRIENDSHIP:** I value close friendships

1      2      3      4

**INDEPENDENCE:** I like to work on my own

1      2      3      4

**LEARNING:** It is important for me to learn new things

1      2      3      4

**MONEY:** Earning a large amount of money is important to me

1      2      3      4

**OPPORTUNITY:** I would like to work where there is a good chance of promotion

1      2      3      4

**PACE:** I enjoy working rapidly at a fast pace

1      2      3      4

**PEACE:** I prefer to have few pressures or difficult demands

1      2      3      4

**PERSUASION:** I enjoy influencing other people

1      2      3      4

**PRECISION:** I like working at things which involved care and concentration

1      2      3      4

**PRESSURE:** I can work successfully to deadlines

1      2      3      4

**PROFILE:** I like being part of a well-known organisation

1      2      3      4

**RECOGNITION:** I like appreciation for the work I do

1      2      3      4

**RESPECT:** I expect respect for who I am regardless of race, culture, ability, gender, or age

1      2      3      4

**RISK:** I like to take risks

1      2      3      4

From: *Moving On* resource manual

**ROUTINE:** I like a predictable constant work routine

1      2      3      4

**SELF-DETERMINATION:** I can work on my own initiative

1      2      3      4

**SECURITY:** It is important to know there is a job I can do

1      2      3      4

**SOLIDARITY:** I enjoy working with others and feeling part of a group

1      2      3      4

**STATUS:** I enjoy situations which lead others to respect me

1      2      3      4

**TEAMWORK:** I like to work with others

1      2      3      4

**VARIETY:** I enjoy having lots of different things to do

1      2      3      4

**WORTH:** I like to think that my work produces something worthwhile for society

1      2      3      4